



APPETIZERS

- Lump Crab & Avocado Dip** 10
Crab, mango, spicy green curry, wonton chips
- Boudin Eggrolls** 9
House-made boudin in a crispy spring roll served with molasses fig sauce
- Sugarcane Pork Skewers** 9
Sugarcane skewers wrapped in pork sausage, grilled with spiced rum glaze
- Fried Mirliton Pickles** 9
House-made pickled mirliton, with smoked poblano ranch sauce
- Marge's Tomato Stack** 10
Fried green tomato stack, chilled shrimp, pickled okra, bacon and jalapeno ravigote

SALADS

Choose Your Protein:

- Grilled Skirt Steak, Gulf Shrimp, Salmon, Fried Oysters 15
Grilled Chicken / Fried Chicken 14

Point Reyes Blue
Mixed greens, tomatoes, shaved red onion, blue cheese crumbles, blue cheese dressing [G]


Creole Slaw
Shredded cabbage, purple cabbage, green onions, julienned carrots, pecans, creamy horseradish vinaigrette [G]

Grilled Veggie
Mixed greens, seasonal charred vegetables, tomatoes fresh cheese, herb vinaigrette [G]

Iberville
Mixed Greens, cheddar cheese, grape tomatoes, sweet and spicy pecans, smoked poblano ranch [G]

SOUP DU JOUR

- Cup / Bowl 5 / 8
- Soup & Salad Combo** 12
Bowl + Salad of your choice

 Eat Fit NOLA items meet the nutritional criteria of Ochsner Health System. Please visit EatFitNOLA.com for more information.

LUNCH MENU

SHRIMP BOILS

- In Season Shrimp** 15
Choose Either:
- Ginger Lemongrass**
Fresh chilies, lemongrass, soy beans, ginger, lime juice over fries
- Garlic Butter**
Lemon juice, crushed garlic, butter, herbs over fries
- Hot Garlic**
Spicy and tangy herb base, crushed garlic over fries

ENTRÉES

- Buttermilk Cornish Hen** 16
Tea brined and fried, fries, and creole slaw
- Grilled Gulf Fish** 16
Green onion popcorn rice, grilled veggies, chimichurri [G]
 For Eat Fit NOLA, served with extra veggies
- Grilled Skirt Steak** 16
8 oz skirt steak, fries, and side salad
 For Eat Fit NOLA, served with grilled veggies, side salad
- Crawfish Mac-n-Cheese** 16
Cavatappi pasta, aged cheddar, parmesan herbed bread crumbs, crawfish, tasso, & choice of side salad
- Pork Osso Buco** 16
Fork tender pork shank, stone ground cheese grits and roasted corn salsa [G]

SANDWICHES All served with fries

- Cheeseburger** 12
House ground beef, cheddar cheese, pickles, mayo, arugula, brioche bun
- Des Allemands Fish Club** 14
Fried Des Allemands fish, bacon, coleslaw, Pullman bread, tartar sauce
- Fried Oyster** 14
Cornmeal dusted oysters, aioli, green tomato, romaine, bacon, brioche bun
- The Lee Lee** 12
Grilled chicken, bacon, avocado, Pullman bread, garlic aioli
- Fried Chicken Sandwich** 13
Crispy fried chicken, bacon, cheddar cheese, molasses fig sauce
- Cochon de Lait** 12
Slow cooked pork, swiss, arugula, garlic aioli, brioche bun

SIDES 6

- French Fries**
Grilled Seasonal Vegetables [G]
Salad [G]

G • Gluten Free

